

WHAT IS CLAIMED IS:

1 1. A work station comprising:
2 a base;
3 a riser extending upwardly from said base;
4 a support arm pivotally connected to said riser, said support arm having a first section
5 on a first side of said riser and a second section on a second side of said riser;
6 a table affixed to said second section of said support arm;
7 a counter weight affixed to said first section of said support arm; and
8 wherein said counter weight allows for said support arm to be easily pivoted from a
9 work position to a second position.

1 2. The work station according to claim 1 wherein:
2 said base extends beneath a human support device.

1 3. The work station according to claim 2 further comprising:
2 components in communication with a first end of said base; and
3 components in communication with a second end of said base.

1 4. The work station according to claim 1 further comprising:
2 a support for engaging a second end of said support arm to stabilize said support arm
3 when said support arm is in said working position.

1 5. The work station according to claim 1 further comprising:
2 a support affixed to said riser for stabilizing said support arm when said support arm
3 is in said work position.

1 6. The work station according to claim 1 wherein:
2 said riser is adapted to be adjustable with respect to height.

1 7. The work station according to claim 1 wherein:
2 said table is pivotally mounted on said support arm.

1 8. The work station according to claim 1 wherein:
2 said table defines a plurality of retaining members for affixing selected computer
3 components to said table.

1 9. The work station according to claim 1 wherein:
2 said second position of said support arm allows for a user to have unobstructed
3 ingress to and egress from a human support device.

1 10. The work station according to claim 1 wherein:
2 said secured position of said support arm is substantially vertical.

1 11. A work station comprising:
2 a base;
3 a riser extending upwardly from said base;
4 a support arm pivotally connected to said riser;
5 a table affixed to said support arm;
6 wherein said support arm may be pivoted from a work position to a second position,
7 said second position allowing a user to have unobstructed ingress to and egress from a human
8 support device.

1 12. The work station according to claim 11 wherein:
2 said support arm has a first section on a first side of said riser and a second section
3 on a second side of said riser; and further comprising
4 a counter weight affixed to said first section of said support arm.

1 13. The work station according to claim 11 wherein:
2 said base extends beneath a human support device.

1 14. The work station according to claim 13 further comprising:
2 components in communication with a first end of said base; and
3 components in communication with a second end of said base.

1 15. The work station according to claim 11 further comprising:
2 a support for engaging a second end of said support arm to stabilize said support arm
3 when said support arm is in said working position.

1 16. The work station according to claim 11 further comprising:
2 a support affixed to said riser for stabilizing said support arm when said support arm
3 is in said work position.

1 17. The work station according to claim 11 wherein:
2 said riser is adapted to be adjustable with respect to height.

1 18. The work station according to claim 11 wherein:
2 said table is pivotally mounted on said support arm.

1 19. The work station according to claim 11 wherein:
2 said table defines a plurality of retaining members for affixing selected computer
3 components to said table.

1 20. The work station according to claim 11 wherein:
2 said second position of said support arm is substantially vertical.

1 21. A work station comprising:
2 a base;
3 a riser extending upwardly from said base;
4 a support arm pivotally connected to said riser;
5 a table affixed to said support arm; and
6 wherein said table is adapted to be positioned to provide a work area for a user who
7 is in a substantially reclined position, wherein said table permits the user to support the user's
8 elbows on a human support device while accessing said work area.

1 22. The work station according to claim 21 wherein:
2 said table is adapted to support a computer monitor, said table further adapted for
3 positioning the monitor in an ergonomic viewing position with respect to a user who is in a
4 substantially reclined position.

1 23. The work station according to claim 21 wherein:
2 said table is mounted on a support arm; and
3 said support arm may be pivoted from a work position to a second position, said
4 second position allowing for a user to have unobstructed ingress to and egress from the
5 human support device.

1 24. The work station according to claim 23 wherein:
2 said second position of said support arm is substantially vertical.

1 25. The work station according to claim 21 wherein:
2 said support arm has a first section on a first side of said riser and a second section
3 on a second side of said riser; and further comprising
4 a counter weight affixed to said first section of said support arm.

1 26. The work station according to claim 21 wherein:
2 said table defines a plurality of retaining members for affixing selected computer
3 components to said table.

1 27. A method of facilitating ease of ingress to and egress from a work station
2 comprising the steps of:
3 providing a pivotally supported support arm having a first section on a first side of
4 a pivot and a second section on a second side of a pivot;
5 affixing selected items to a work area affixed to said second section of said support
6 arm;
7 affixing weight to said first section of said support arm for substantially balancing
8 said support arm about said pivot, thereby enabling said support arm to be pivoted to a
9 desired location with minimal effort.